



A big thank you to the great volunteers who worked on the townwide Bulk Drop Off on Sat Oct 5, 2019. This is a service available to all residents of Montgomery. Special thanks goes to Mike La Fleur, Henry La Fleur, Amanda La Fleur, Richard and Dolly Pincheon and Dennis Wassang plus all the others who helped to unload the "stuff". At least 45 households took advantage of this event.

Thank you,
Kate Griffen and Chris Brown
(Recycling committee)



Daylight Saving Time 2019
in Massachusetts began at
2:00 AM on Sunday, March 10
and ends at **2:00 AM on**
Sunday, November 3

All times are in Eastern Time.

**"Yesterday's the past,
tomorrow's the future, but today
is a gift. That's why it's called
the present."**

Bil Keane

Time to change smoke detector batteries

The Montgomery Fire Department wants to remind all residents that the daylight savings time change is the weekend of November 3rd. This is the weekend to change your smoke detector batteries and check on your chimneys and heating appliances.



154 Main Road
Montgomery, MA

The Montgomery Fire Association wants to inform all residents and friends, after many donations of all kinds, we plan to have the Chief Steve Frye

Memorial ready for a Dedication to Chief Frye on December 7th with a rain/major snow date on December 14th. Please join us at 3 pm at the fire station. A lot of time and effort including donations from the town, any many others went into this memorial.

This will be an ongoing project with landscaping and stone and site work to continue in the spring. Thank you to all who have contributed to this memorial. Anyone wishing to assist further in this project now or in the future, please see us. We would gladly accept volunteer work or donations to this cause. Without all the donations of materials, labor, and funds this project would not be possible. Thank you to all who have assisted in any way.

Anyone wishing to become a volunteer member of our fine Department should contact Chris Galipeau or show up at the Fire station Tuesday evenings at 7pm to fill out an application and see what we are all about. It does take a lot of effort and dedication but is rewarding. Junior volunteers are welcome but need to be at least 16 years of age with documented parent/guardian permission

Important numbers

FIRE EMERGENCY 911
 AMBULANCE 911
 STATE POLICE 911

HIGHWAY DEPARTMENT 862-4037

GATEWAY HIGH SCHOOL 685-1102
 GATEWAY MIDDLE SCHOOL 685-1202
 GMS ATTENDANCE 685-1201
 LITTLEVILLE ELEMENTARY 685-1301

TOWN HALL OFFICE 862-3386

Listen to the following extensions of each office.

townhall@montgomeryma.gov

Administrative Secretary Hours, Tuesdays &
 Thursdays from 10 a.m. to 4 p.m.

FIRE DEPT: 862-4505

FIRE CHIEF - CHRIS GALIPEAU 862-4599

TOWN CLERK - JUDY MURPHY 862-3386 ext 3
 or direct line 642-6927

Office hours are on the 1st and 3rd Wednesday of each month
 from Noon - 4:00. Or you may call for an appointment.

POLICE DEPT:

ADMINISTRATIVE POLICE CHIEF -
 PAULA CHAPMAN Home 862-4949
 Office 862-3386 ext 5

TAX COLLECTOR - JANE THIELEN 862-3386 ext 1
 or direct line 642-8139

ANIMAL CONTROL OFFICER -
 PHIL CAMP 862-4976

SELECT BOARD:
 DONALD WASHBURN 862-3301
 MIKE MORRISSEY 862-3386
 JACOB CHAPMAN 862-4949
 Meetings for the Select Board are held at 7:00 p.m. every
 other Thursday.

SCHOOL COMMITTEE:
 MADELYN AUSTIN 862-4004
mrrrrr@verizon.net

LIBRARY:
 LIBRARIAN - PAULA LONG 862-3894
montgomerylibrary@yahoo.com

HOURS: Tuesday 10:00 a.m.-5:30 p.m.
 Thursday 4:00 p.m.-8:00 p.m.
 Saturday 9:30 a.m.-12:30 p.m.

BOARD OF ASSESSORS:
 Meetings of the Board of Assessors are held on the 1st & 3rd
 Wednesday of each month from 8:00 p.m.-9:30 p.m. Please
 call 862-3386 ext 2 or direct line 642-8105 for an appoint-
 ment. Assessors' Clerk hours 1st & 3rd Wednesdays of each
 month from Noon - 4 p.m.

CONSERVATION COMMISSION -
 PAIGE LALIBERTE, Chairman 862-3245
 The Conservation Commission meets on the first Monday of
 each month.

COUNCIL ON AGING 862-3386 ext 6 or 642-8143

STATE REPRESENTATIVE LINDSAY SABADOSA:
info@lindsaysabadosa.com
 (413) 539-8599

November Calendar

Nov. 1 9:30 – 11:00 am – Osteoporosis Exercise – Town Hall
 Nov. 6 9:00 am – Tai Chi – Town Hall
 Nov. 6 Noon – 4 pm – Town Clerk Hours – Town Hall
 Nov. 6 6:30 pm – Yoga – Town Hall
 Nov. 8 9:30 – 11:00 am – Osteoporosis Exercise – Town Hall
 Nov. 11 Veteran's Day
 Nov. 12 Recycling day
 Nov. 12 10:00 am – COA Coffee Hour – Senior Room
 Nov. 13 6:30 pm – Yoga – Town Hall
 Nov. 13 9:00 am – Tai Chi – Town Hall
 Nov. 14 7:00 pm – Selectboard Meeting – Town Hall
 Nov. 15 9:30 – 11:00 am – Osteoporosis Exercise – Town Hall
 Nov. 20 9:00 am – Tai Chi – Town Hall
 Nov. 20 Noon – 4 pm – Town Clerk Hours – Town Hall
 Nov. 20 6:30 pm – Yoga – Town Hall
 Nov. 22 9:30 – 11:00 am – Osteoporosis Exercise – Town Hall
 Nov. 24 HAPPY THANKSGIVING!
 Nov. 26 Recycling day
 Nov. 26 10:00 am – COA Coffee Hour – Senior Room
 Nov. 27 6:30 pm – Yoga – Town Hall
 Nov. 27 9:00 am – Tai Chi – Town Hall
 Nov. 28 7:00 pm – Selectboard Meeting – Town Hall
 Nov. 29 9:30 – 11:00 am – Osteoporosis Exercise – Town Hall



View the current and back issues of the Montgomery
 MT Breeze at the Town of Montgomery
 website: montgomeryma.gov

MOUNTAIN BREEZE AD POLICY

Montgomery resident ads: \$3.50 for ¼ page, \$7.00 for ½ page, \$10.50 for ¾
 page and \$14.00 for a full page.

Non-resident ads: \$5.00 for ¼ page, \$10.00 for ½ page, \$15.00 for ¾ page
 and \$20.00 for a full page.

Political ads: \$15.00 for ½ page and \$30.00 for a full page. (Political ads
 must include the name of the payer.)

Ads: email (preferably pdf file) to montgomerymtbreeze@gmail.com, put in
 the MB box at the Library, or mail to: **Montgomery Mountain Breeze, c/o
 Grace Hall Memorial Library, 161 Main Road, Montgomery, MA 01085-
 9525.** Include your name and phone number. Payment must be received by
 deadline date (usually on the 16th of the month) or ad will not be run. No
 cash, please; make check payable to Montgomery Mountain Breeze and
 put in the MB box at the Library, or mail to above address.

MOUNTAIN BREEZE STAFF

Editor: T.Lak 413-237-2818
 Helen Allyn * Chris Brown * Laurie Flechsig * Paula Long * Julie
 Pike * Jane Thielen

montgomerymtbreeze@gmail.com

The Grille is *the place* to meet your neighbors!

NEWS a n d E V E N T S

The Benefit tag sale was great success!

Many people got rid of a lot of stuff they didn't want or need anymore and many more got a lot of stuff they just couldn't live without. I know I got rid of every golf club I owned. Now I can officially wash my hands and feet of that sport. Best of all; because of all the generous donations we raised **\$750 for the Montgomery Volunteer Fire Department.**

Thanks to everyone that participated. Special thanks to the three women that braved that cold day and made the whole thing possible. Karen Miller, Jeanne Kiendzior, and Carol Thibault of (Carol and Tony).

Also Jeanne A and Zack for helping me keep the fort down inside.

MORE NEWS: As many of you have heard. The diner in Huntington is closing the end of October. It is a hard business and I wish them the best. We are preparing for an increase in business. I know that my coworkers and I will do our best to handle that increase. We are looking forward to meeting more of you good Hilltowners.

Our kitchen is limited in it's size because of building restraints. We like it here and have no intentions of moving. So I hope everyone will be patient if at times things are a little bogged down. Especially when we have big parties dinning at the same time.

A BIG thanks to everyone!

**Montgomery
Grille**

AT THE MONTGOMERY MARKETPLACE

Hours:
Wednesday, Thursday, Friday:
5:30 am to 2:30 pm
Saturday and Sunday:
6:00 am to 2:30 pm
Lunch starts 11:00 am

46 Main Rd, Montgomery, MA
862- (FOOD) 3663

NEW HOURS: 6:00 a.m. to 2:30 p.m.

Closed Mondays & Tuesdays

Time to put your garden “to bed” for the winter

November is the time to put your gardens “to bed” for the winter.

- Cut back and mulch perennials when ground is frozen. You can leave some perennials such as cone flower and black eye Susie’s for the birds to enjoy the seeds.
- Also, finish planting spring flowering bulbs before the ground freezes.
- Also, water evergreen trees and shrubs before the ground freezes.
- It is getting close to the time to put out bird feeders. It is

GardenNews

by Chris Brown



best to wait until the bear population goes into “hibernation”.

- Move houseplants that you may have taken in from outside to brighter light, if they are dropping leaves.
- Cut back roses to 18 to 20” and mulch heavily.
- After frost, cut rhubarb stalks to ground level.
- Clean the lawn mower, drain excess gas and store mower in a dry place,
- Reduce fertilizer applications to houseplants.

BANANA YOGURT PANCAKES

Ingredients

- | | |
|--------------------------------------|------------------------------------|
| 2 over-ripe bananas mashed | 1 teaspoon of pure vanilla extract |
| 2 egg whites | 1 cup of all-purpose flour |
| 1 cup of fat-free plain greek yogurt | 2 teaspoons of baking powder |
| 1/2 cup of fat-free milk | 1/2 teaspoon of cinnamon |

Instructions

1. Preheat a nonstick electric skillet to 325 degrees.
2. In a medium sized bowl, combine mashed bananas, egg whites, greek yogurt, milk and vanilla extract. Whisk until well combines.
3. In a larger bowl, combine flour, baking powder and cinnamon and whisk.
4. Stir wet ingredient into dry ingredients.
5. Pour 1/4 cup of batter onto hot skillet and cook until golden brown.

Recipe Notes

To make blueberry pancakes, drop fresh blueberries into pancake batter once they are on the griddle.

NOVEMBER RECIPE



Outside the bird feeder with Lori Conley

TURKEYS STRUTTING THEIR STUFF

In pictures and drawings, the male turkey is usually shown in his proudest moment. For those of you who have not seen a real turkey, the puffed up picture is actually the male turkey and this is not his usual stance. This feather works display only lasts for a few minutes but it can be seen several times daily.

The male turkey in full plumage is dignified and almost royal in appearance. As his dance begins, the body stiffens and he gobbles loudly holding his head high, piercing black eyes looking straight ahead. His huge chest is thrust forward.



Each feather stands apart with his tail feathers fanned. His wings actually drape down and drag the ground as he stamps his spurred feet. Moving in a circle around the barnyard for all to see. For a few glorious minutes each day, he is the finest, most magnificent animal on the farm.

The tom turkey does this number to attract the attention of the female, of course, who never seems to look directly at him. When he is not “strutting” about, the tom turkey looks much like the hen, only larger. As for strutting his stuff, no one and nothing does it better than the proud, adult tom turkey.

Excerpt form the U of Illiniois, Turkey for the Holidays

NOVEMBER BIRTHDAYS:

Sally Bisbee
Judy Dowd
Laurie Flechsig
Jason Harris, Sr.
John Hughes

Thomas Hyjek
Victoria Kos
Sonny Lafond
Nathan Leveille
Brandon Matulewski
Donna Morrissey

Conner Osden
Nicole Senecal
Marlene Stanisewski
Emily Warren
Mary Ann Wilcox

NOVEMBER ANNIVERSARIES

none to report



Hampton Ponds Plaza
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HAPPY THANKSGIVING! TO ALL OUR FRIENDS AND NEIGHBORS FROM YOUR MONTGOMERY HISTORICAL SOCIETY!

Post Christmas 'night out' date announced, site TBD

Where has the time gone???

Many thanks to our wonderful neighbors and friends who came out in mid-October to help raise some dollars for the Montgomery Historical Society's scholarship fund. The chicken pie dinner was yummy, and the guest speaker (Bruce Cortis talking on the Whip Factories of Westfield) was quite interesting. A good time was had by all.

Winding up the year for your Montgomery Historical Society: the annual post-Christmas "night out" with dinner at a local restaurant. We've chosen the date: **Wednesday, January 8 at 6:00 p.m.** (subject to change). As always, we

Historical Happenings



are looking for your suggestions on where to go to try out the menu... **please call Laurie Flechsig (862-8095) by November 20** to give us your ideas, and we will announce the location in the December issue of the Mt. Breeze. We plan this event so that the hard-working kitchen help at our

fund-raising dinners has the opportunity to sit down with our fellow townspeople and neighbors to enjoy food, fun, and fellowship (and not have to worry about doing the dishes)!

Please remember, all are welcome to attend any program or event scheduled by the Historical Society – no need to be a member to join us for the fun!

The display case curated by the Historical Society, located in the Grace Hall Memorial Library, currently contains a collection of copper items loaned by one of our members. We hope you have had the chance to check it out. If not, it will remain there until about mid-November, when we'll be changing the display once again.

We hope library patrons and other visitors to Town Hall enjoy the sometimes historic but usually eclectic exhibits we are able to provide for your enjoyment. If any of you out there have a collection of any sort, or items that you'd like to display, please contact Laurie (862-8095) to arrange for a time. We'd love to have more participation from townspeople and Hilltown neighbors and friends!

Condolences to

Theresa and Chad Lanpher and their family on the loss of her mother Shirley Pattison in Westfield who passed on October 9.

Geraldine and 'Skip' Larabee and family on the loss of her sister Janice Schermerhorn in West Springfield on October 14

Judy Murphy and family on the loss of her father, Howard Johnson of Southwick who passed on October 17.

Family and friends of Genevieve Schenna, long-time Montgomery resident and librarian, who passed away October 23 in Westfield.

to David Wright and family on the loss of his sister, Deborah Bryant who passed away in Westfield October 1.

Paula L. Chapman
Administrative Chief of Police for the
Town of Montgomery
**OFFICE HOURS: 6:30 pm to
7:45 pm**

November 14, 2019

Looking for Christmas Gifts? The 2020 Taste Coupon Book – \$25.00 ea

AMVETS Post 96, Russell, MA

*Proceeds will benefit the Holyoke Soldiers Home
Entertainment Fund*

Included inside are coupons for local & "chain" restaurants in: Agawam, Chicopee, Easthampton, Hadley, Holyoke, Ludlow, Northampton, Southampton, Southwick, Springfield, West Springfield, Westfield & many other towns in Western Mass – including our "own" Montgomery Grille.

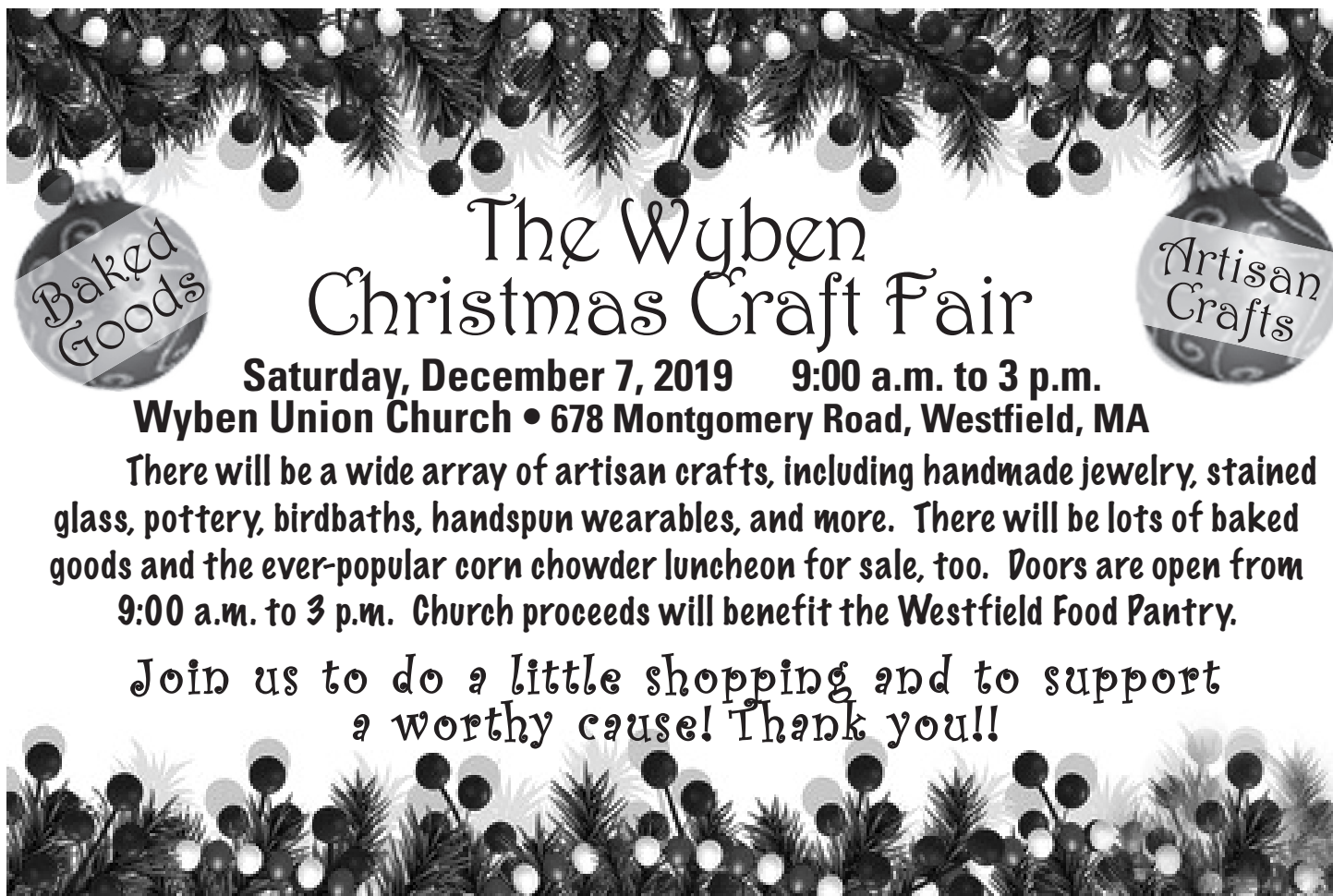
Big Y is back. Need to download app for digital coupon to receive \$10.00 off, see 2nd page in book.

Restaurants Include: Arby's, Burger King, D'angelo, Denny's, Domino's Pizza, Dunkin Donuts, KFC, Sonic, McDonalds, Moe's Southwest Grill, Munich Haus, Outback, Red Robin, Texas Roadhouse, Uno, and MANY more.

Also included are coupons for: Amelia Park, Big Y (electronic coupon), Eric Carle Museum, Fenway Golf, Firestone, Look Park, Lupa Zoo, Old Sturbridge Village, Springfield Symphony, Springfield Thunderbirds, Taylor Rental Volleyball Hall of Fame, & many others.

Over 200 Western Mass Merchants & Restaurants – most with 2 or 3 coupons each.

**If interested, call Dan Flechsig
862-8095**



The Wyben Christmas Craft Fair

Saturday, December 7, 2019 9:00 a.m. to 3 p.m.
Wyben Union Church • 678 Montgomery Road, Westfield, MA

There will be a wide array of artisan crafts, including handmade jewelry, stained glass, pottery, birdbaths, handspun wearables, and more. There will be lots of baked goods and the ever-popular corn chowder luncheon for sale, too. Doors are open from 9:00 a.m. to 3 p.m. Church proceeds will benefit the Westfield Food Pantry.

Join us to do a little shopping and to support
a worthy cause! Thank you!!



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HAPPY Library News



THANKSGIVING

facebook.com/
gracehallmemorial

**November
2019**

A man who has never gone to school may steal from a freight car; but if he has a university education, he may steal the whole railroad. ~Theodore Roosevelt

Yoga Wednesday nights at 6:30pm \$10
Please contact Chris Brown at 862-4591



a

Cookie Exchange

Dec. 19 at 6:30 pm. Please make 4 dozen of your favorite Holiday cookie and empty container to fill. Join us for some good holiday cheer and yummys to bring home. All are welcome and bring friend!

New Items a in the Library

Testaments by Margret Atwood

The Dutch House by Ann Patchet

Radium Girls by Kate Moore

Chances are... by Richard Russo

Moment of lift by Melinda Gates

Long call by Ann Cleeves

World that we knew by Alice Hoffman

Last interview by Anthony Bourdain

This tender land by William Krueger

The Bride test by Helen Hoang

Plus much more coming every week!

Trustees Meeting
Dec. 5 at 6:30pm

Museum Passes

Old Sturbridge Village

Springfield Quad

Norman Rockwell

Mystic Aquarium

Deerfield Historical Mu-

USS Constitution

DCR State Park Pass

MassMoCa

Hours

Tues: 10- 5:30

Thurs: 12-8 **NEW HOURS**

Sat: 9:30-12:30

Contact

Mail

161 Main Road, Montgomery, MA 01085

Phone

413-862-3894

email

Montgomerylibrary
@yahoo.com

Website

montgomeryma.gov

wghl.masscat.org

facebook.com/
gracehallmemorial

commonwealthcatalog.org

COUNCIL ON AGING

Serving the Citizens of Montgomery
November 2019

Calendar

Tue – Nov 12 Coffee Hour – 10 a.m.

Tue – Nov 26 Coffee Hour – 10 a.m.

Tai Chi

Town Hall – Wednesday – 9:30 am

Osteoporosis Exercise Class

Town Hall – Friday – 9:30 – 11am

November Birthdays

John Petros

Anne-Marie Buikus

Wayne Morse

Genevieve Schenna

We are saddened to hear of the passing of Gennie Schenna on October 23 at the Governors Center in Westfield. Gennie was one of the original members of the COA and served on the board for many years.

Services will be held Tuesday, October 29, at the First Congregational Church in Chester at 11am. Burial will be in the Center Cemetery. The COA will host a reception in the Town Hall at 1pm.



Medicare's Open Enrollment Period October 15 – December 7

This is the time of year when everyone with Medicare can join or change their health and prescription drug plans for 2020. Depending on your needs, you can switch coverage from Original Medicare to a Medicare Advantage plan, or vice versa. You also can switch your Part D plan, which pays for medications. Any changes you make will take effect Jan. 1.

This is an important opportunity to make sure you're getting the most from your Medicare benefits. Every year, Medicare plans change, and so do your needs. It's worth the time to shop around to see if your coverage is still the best for your situation.

Shine Representative, Buliah Mae Thomas, can be reached at 667-2203.

National Family Caregivers Month

Family caregivers want their loved ones to have the best care possible – at the doctor's office, at the hospital, and at home. We encourage family caregivers to ask questions, explore options and share in the care decisions that affect the health and well-being of their loved ones.

#BeCareCurious About:

- Your Loved Ones Goals
- Treatment Options
- Research
- The Care Plan
- Coverage

Family caregiving is stressful, but the more you know, the more confident and capable you will be when providing care.

Remember – knowledge is power!

The Five Biggest Mistakes Boomers Make When Enrolling in Medicare

Mistake 1: Signing up too early or too late for Medicare and its parts

If you are aging into Medicare, your initial enrollment period is based on your 65th birthday. To avoid long-term penalties, make sure you know what you have to choose—and by when. If you or your spouse are still working when you turn 65 and your insurance meets certain requirements, it may make sense for you to delay enrollment in Parts A, B, and D. Find the rules here. On MyMedicareMatters.org, you can take a free, confidential Medicare QuickCheck™ and receive a personal report with your initial enrollment period, or special enrollment period if you or your spouse are still working, and recommendations about when you should sign up for which parts of Medicare.

Mistake 2: Not understanding the difference between a Medicare Supplement and a Medicare Advantage policy

Original Medicare is a fee-for-service program. Most consumers supplement the government benefit with a private Medicare Supplement (also called Medigap) policy as well as a Part D plan for their prescription drugs. A Medicare Supplement policy may cover some services that are not included under the standard Medicare Parts A and B as well as some out-of-pocket costs such as co-insurance costs for care at skilled nursing facilities, the Part A deductible, and foreign travel emergency care. If you choose a Medicare Supplement policy, you will pay an additional monthly premium. You won't need prior authorization to use specialists or to get second opinions.

A Medicare Advantage Plan (Part C), on the other hand, takes the place of original Medicare Parts A and B. These plans work more like group insurance. They are sold through approved, licensed insurance companies and may have an additional monthly premium. Often, Medicare Advantage plans include prescription drug coverage as well as services that original Medicare does not such as health/wellness programs and vision care. However, a Medicare Advantage plan may also limit a person's ability to use doctors and hospitals, and also require prior authorization to use specialty services.

Mistake 3: Guessing when picking specific plans

It can be very difficult and time-consuming to compare all of the plans that are available to you. Many people try to do their homework, get frustrated, and then “give up and guess.” Choosing a Medicare plan is too important to leave to guesswork. Take the time to review your health insurance needs before your first—and every subsequent—enrollment period. Think about:

Do you have health insurance from another source?

Do you have any chronic conditions?

Which doctors and hospitals do you use?

Which prescriptions do you need and what pharmacies do you get them from?

You don't have to do this on your own. You can get help from a trusted source that can help you think through your options and compare plans. If you're unsure about your choices, start with a Medicare QuickCheck™ to get a personalized report on your options and use that to start a conversation with a licensed benefits advisor.

Mistake 4: Not applying for extra help

Millions of older adults are eligible for billions of dollars in programs that can help them pay for their prescriptions and health insurance premiums, deductibles, and coinsurance. If your income in retirement is modest, you should find out if you qualify for assistance. NCOA also offers a free online BenefitsCheckUp® where you can see if you're eligible and apply online for Extra Help or Medicare Savings Programs. Or, contact your State Health Insurance Assistance Program (SHIP) to see what's available to you.

Mistake 5: Not re-evaluating your coverage every year

Unfortunately, choosing health insurance is no longer a one-time decision for most Medicare beneficiaries. Insurance companies can make changes to policies every year. Just because your doctor and medications are covered this year doesn't automatically mean they will be covered in the coming year. Make sure to confirm cost, copays, coinsurance, covered providers, and prescription drugs. Here are a few things to consider:

Has your health changed in the last year?

Is your current plan still meeting all of your health needs?

How much have you paid out-of-pocket in the last year—and for what?

How is your plan changing for the coming year? How will that affect your out-of-pocket costs?

Are there better options available to you now?

This newsletter is partially funded by a grant of the Executive Office of Elder Affairs
Board Members: Anne-Marie Buikus 862-3257, Jane Thielen 862-4482, Sandy Haas 862-3829
Jean Bush 862-3645, Geraldine Larrabee 862-3884, Darlene Brewster 862-3347
E-mail address: COA@montgomeryma.gov